



# March Group Exercise Schedule

Effective: 3/23/2019 - 3/31/2019

[www.cadillacareaymca.org](http://www.cadillacareaymca.org)

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday 3/25		Tuesday 3/26		Wednesday 3/27		Thursday 3/28		Friday 3/29		Saturday	
<b>Morning</b>										<b>9:00am</b>	<b>10:00am</b>
		6:10-7:00 Wakeup Workout Lori				6:10-6:55 Zumba Lori				3/23 Zumba Lori	3/23 Yoga Patty
7:00-7:55 Yoga Janeen								8:00-8:45 Cycle 45 Janelle		3/30 Cardio Sculpt Maria	3/30 Yoga Fit Peg
9:00-9:45 Cycle 45 Janelle		8:45-9:40 HIIT Janelle		8:45-9:40 Cardio Sculpt Maria		8:45-9:40 Step Lite Janelle		8:45-9:40 Cardio Sculpt Maria			
9:50-10:40 Beginner Yoga Peg		9:45-10:40 Yoga Fit Peg		9:45-10:40 Yoga Chiao		9:45-10:40 Yoga Fit Peg		9:45-10:40 Yoga Chiao			
<b>Lunch Time</b>										<b>Notes</b>	
										<p>**In the event of a CAPS Snow Day, all group exercise classes beginning at 8am or earlier will be cancelled.</p> <p><b>Cardio-Mix Rotation Class:</b> 3/26: HIIT - Janelle</p> <p><b>Wednesday Rotation Class:</b> 3/27: Zumba - Lori</p>	
<b>Evening</b>											
4:30-5:25 Yoga Fit Chiao											
5:30-6:25 Body Sculpt Paula						5:30-6:25 Yoga Fit Patty					
6:30-7:25 Tabata Janelle		6:30-7:25 Gentle Yoga Patty		6:30-7:15 Zumba Lori		6:30-7:15 HIIT Janelle					

Class descriptions are on back side. The YMCA reserves the right to revise the schedule as needed. **Members: Free Community Members: \$7**